



Emotions: Freedom from Anger, Jealousy and Fear

By Osho, Osho International Foundation

Osho International. Paperback. Book Condition: new. BRAND NEW, Emotions: Freedom from Anger, Jealousy and Fear, Osho, Osho International Foundation, This book is a simple guide to a better understanding of emotions. Anger, jealousy, and fear are the three big topics of this book, together with some simple meditations to deal with these emotions. The book consist of short quotes and text excerpts, giving the reader unusual and new insights into an understanding of emotions. Our feelings play a profound role in how we feel about ourselves, and they can even affect our physical health. Often we are trapped in the dilemma between "expression" and "repression." Although expressing our emotions can easily scare or hurt others, by repressing them we risk hurting ourselves. Osho offers a third alternative: to understand the roots of our emotions and develop the knack of watching them and learning from them as they arise, rather than being "taken over" by them. Eventually we find that even the most challenging and difficult situations no longer have the power to provoke us and cause us pain.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III